

b1 4. (Amended) A method for promoting sleep in an individual having sleep disorders, comprising administering an effective sleep promoting amount of theanine to the individual having sleep disorders.

5. (Amended) A method of promoting sleep comprising administering to a patient suffering from a sleep disorder a composition comprising sugar, L-theanine, flavor and tartaric acid.

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Please add the following new claims.

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--6. (New) The method of claim 5, wherein the sugar is granulated sugar.

7. (New) The method of claim 5, wherein the composition further comprises malt syrup.

b2 8. (New) The method according to claim 4, wherein said sleep disorders are those caused by changes in a body rhythm.

9. (New) The method of claim 5, wherein said disorder is that caused by changes in a body rhythm.

10. (New) The composition of claim 1, wherein the theanine is administered in an amount of from 50 to 100% by weight.

11. (New) The method of claim 5, wherein the theanine is administered in an amount of from 50 to 100% by weight.

12. (New) The composition of claim 1, wherein the composition further comprises a mineral.

13. (New) The composition of claim 12, wherein the mineral is a metal salt.

14. (New) The composition of claim 13, wherein the metal salt contains an element selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, and vanadium.

16. (New) The method of claim 5, wherein the composition further comprises a mineral.

17. (New) The method of claim 16, wherein the mineral is a metal salt.

18. (New) The method of claim 17, wherein the metal salt contains an element selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, and vanadium.

19. (New) The composition of claim 1, wherein the composition is in the form of a solution or suspension.

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20. (New) The method of claim 5, wherein the composition is administered at a dose of 0.2 to 200 mg/kg weight.--

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